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UNITED STATES DEPARTMENT OF AGRICULTURE  
Extension Service  
Office of Exhibits

## A Summary of the Exhibit

LAMB AS YOU LIKE IT

An exhibit showing proper methods of cooking and tempting ways of using different cuts of lamb.

## Specifications.

Floor Space required - width ----- 25 feet.  
depth ----- 7 feet.

Wall Space required-----None.

Shipping Weight ----- 1369 lbs.

Electrical Requirements - 110 volt A. C. or  
D. C. current. 75 watts needed for lights.



## LAMB AS YOU LIKE IT.

### How It Looks.

Three tempting ways of using choice cuts of lamb and three ways of using the less expensive cuts are shown, together with the vegetables suitable for each cut, by perfectly modelled and realistically colored wax models. A direction ribbon connects each of the six cuts of meat with the proper place on an illuminated, colored, life-size cutout of a lamb carcass.

### What It Tells.

The method of preparing roast leg of lamb, broiled lamb chops, and "crown rib roast" are as follows:

"Sear quickly on all sides, using intense heat. Reduce heat and cook through slowly without liquid. Serve hot, with mint sauce, currant jelly, or other highly flavored relish."

The crown roast is worthy of special mention. This roast is made from two strips of rib chops bent back and sewed together to form the shape of a crown. Any butcher will trim and shape lamb rack for such a roast. The meat on the ends of the ribs is trimmed off because it tends to dry out and become unpalatable in roasting. If the trimmings of meat and fat are ground they may be formed into a mound and roasted in the cavity of the "crown." It is well to protect the ends of the scraped bones with small cubes of fat or with cubes of bread so they will not be charred by the intense heat of the heat. When the crown roast is done, the cavity is filled with creamy mashed potatoes, the rib ends



are protected with fresh cubes of bread, and the roast is returned to the oven until the potatoes and the bread are a golden brown.

The less expensive though generally pleasing dishes on the second table are lamb stew, braised breast of lamb, and stuffed lamb shoulder. Since these dishes are prepared from the more exercised and therefore tougher portions of the carcass, they require different treatment in cooking as explained in the panel.

"Rub in seasonings and flour, sear to retain juices. Cook slowly until tender, surrounded by hot water or steam. Use vegetables stuffing, bread dressing, or sliced vegetables for pleasing variety."

#### Spinach Dressing:

The spinach dressing folded into the breast of lamb was made as follows:

- 2 cups of dried bread crumbs
- 1/2 pound of uncooked spinach, washed thoroughly
- 4 tablespoonfuls of butter
- 2 tablespoonfuls of chopped celery
- 1 tablespoonful of chopped green pepper
- 1 tablespoonful of chopped onion
- 3/4 teaspoonful of salt
- 1/4 teaspoonful of pepper

Cut spinach in small pieces, mix with chopped celery, green pepper, and onion, and cook in a frying pan with half of the butter. Push to one side of the pan and add the rest of the butter. When melted, add bread crumbs and mix thoroughly. Then stir all ingredients until the mixture is fairly dry and well blended.

The fat of lamb has a characteristic flavor which is not palatable to everyone. For this reason such accompaniments as the following are very pleasing with lamb and mutton.



Tart Jellies: Currant, mint, barberry.

Tempting Sauces: Mint, parsley, caper, tomato, horseradish, Spanish.

Tasty Seasonings: Celery seed, bay leaf, curry powder, nutmeg, allspice, lemon juice, cayenne pepper, minced onion, chopped pickle, minced green peppers.

Retail lamb prices on the Chicago market are shown for each of the seven different cuts of lamb discussed in the exhibit. They illustrate forcibly that the various portions of a lamb carcass adapt themselves to a wide range of family purses. The frugal housewife who wishes to spend but half a dollar for the meat portion of her family's dinner, may feed five or six very comfortably and sumptuously on braised breast of lamb. On the other hand, if the price is a secondary consideration, a half dollar may be exchanged for two choice rib chops which will make a broiled dish "fit for a King."

#### Where to Get Information.

The following publication may be obtained free of charge from the U. S. Department of Agriculture, Washington, D. C.

Farmers' Bulletin 1324, "Lamb and Mutton  
and Their Use in the Diet."